



**COON RAPIDS SENIOR SERVICES**

# Voice of Experience

**MAY/JUNE 2016**

## **A "JUST DESSERTS" CONCERT**

# **JUMPIN' JEHOSHAPHATS**

**MONDAY, MAY 16**

Enjoy an afternoon with the Jumpin' Jehoshaphats. This musical group will be at the Coon Rapids Senior Center to entertain us with their upbeat music. Their motto is "Dixieland, Gospel and All that Jazz." This group has been together for over 25 years playing over 800 concerts, mostly in the upper Midwest, but also in New Orleans, Jamaica, and Haiti, among other places. All the proceeds that this group raises goes to charity. They have a vocalist and play piano, trombone, guitar and drums. Doors open at 1:30 p.m. and the show begins at 2:00 p.m. followed by a special treat sponsored by Walker Plaza. Cost of the event is \$8.00 and includes the show, dessert and door prizes. **Registration begins immediately.** Payment deadline is Monday, May 9.



## **MORNING MUSIC**

Everyone is welcome to join us for some free musical entertainment at the Senior Center! There is no cost to attend, but please sign up by calling 763-767-6473. If you would like to stay for a noon meal, please make your own reservation by calling 763-767-6524.

## **GENESIS BELL RINGERS**

**MONDAY, MAY 9 AT 11:00 A.M.**

You will love this spring performance by our favorite Bell Ringers! From Broadway hits to hymns and everything in between!

## **AFRICAN DRUMS & DANCE**

**WEDNESDAY, MAY 11 AT 11:00 A.M.**

CrossRoads High School brings us this unique show! Rolls, pastries and coffee sponsored by River Oaks of Anoka.

## **EPIPHANY BAND**

**WEDNESDAY, MAY 18 AT 11:00 A.M.**

Horns, flutes, drums & more performed by Epiphany Middle School students.



**50+**

## **ANNIVERSARY CELEBRATION**

**THURSDAY, JUNE 2**

**See Page 15  
for all the details!**

## **MARK YOUR CALENDARS**

**The Senior Center will be  
closed Monday, May 30  
for Memorial Day.**

## DAY TRIPS

**CALL (763) 767-6473**

**GLASS BLOWING TOUR ON TUESDAY, MAY 17:** This trip is hot, hot, hot! Located in the Artisans' Industrial Park in Minneapolis, visitors will experience a glass blowing demonstration as artisans create magnificent pieces. Raw products are carefully mixed and melted then formed into glorious vases, bowls and other unique creations. Shop at the Glass Gift Gallery afterwards. Wear stable footwear suitable for managing some steps and standing for about an hour. After the demonstration arrive at Hell's Kitchen in the heart of downtown Minneapolis, appropriately located in an underground space. It is a chef-owned restaurant and the lunch includes a half sandwich and cup of soup, beverage and a cookie. After lunch ascend to the upper level of the building to the Angel Food Bakery and purchase heavenly treats.

**Sign Up:** BEGINS IMMEDIATELY  
**Cost:** \$58

**Bus:** Depart at 10:00 a.m./Return 2:45 p.m.  
**Payment Deadline:** Monday, May 2

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## **MONTI PARTY—25th ANNIVERSARY ON THURSDAY, MAY 19:**

Join us for the 25th Anniversary of the Monti Party! We'll have fun with the Elk River and Monticello Senior Centers at this celebration in honor of Older Americans month. Our party will be at The River City Extreme Event Center in Monticello. Doors open at 10:45 a.m. At 11:30, we'll enjoy a traditional chicken dinner with all the fixings and yummy strawberry short cake for dessert! Then have fun with your choice of games including '500' Cards, Bridge, Cribbage and Bingo, all with lots of prizes. The cost is only \$13.00 if you drive yourself or \$17.00 if you take the Senior Center bus (seating limited). Your payment is due on Monday, May 9. The bus departs at 10:15 a.m. and returns at approximately 4:45 p.m. (Address & map available upon request). **Sign up begins immediately.**

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## **BARN TOURS WITH DOUG OHMAN ON WEDNESDAY, JUNE 15:**

Join photographer and historian Doug Ohman as he leads a fun filled day exploring historic barns of our area (Northern Suburbs). Travel by bus to a number of historic barns, which includes a historic railroad barn, a turn of the century round barn, an active family farm and some surprises along the way. Doug will also make the bus ride entertaining with an opportunity to win one of his published books. Lunch is in Ramsey at The Fountains and is catered by Wells Catering. The menu includes Grilled Chicken Breast with Rosemary Cream Sauce, Wild Rice Blend, Green Beans, Spring Salad, Rolls, Brownie and Coffee. By the end of the day you will have visited and enjoyed some rural treasures in our own back yard. Wear comfortable shoes. Rain Day: June 22

**Sign Up:** Begins 9:00 a.m. Monday, May 2  
**Cost:** \$48

**Bus:** Depart 9:00 a.m./Return 4:30 p.m.  
**Payment Deadline:** Friday, May 27

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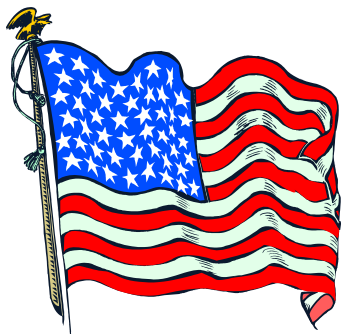
**'ALIVE & KICKIN' PRESENTS "THE 60'S" ON THURSDAY, JUNE 16:** This must-see theatrical event includes music and stories from a generation that changed the world. Relive the 60's music with a talented ensemble of rockin' seniors 65-91 years young. Held at the Schneider Theater in Bloomington.

**Sign Up:** Begins 9:00 a.m. Monday, May 2  
**Cost:** \$40 for show, snack and bus (no meal)

**Bus:** Depart at 12:45 p.m./ Return 4:45 p.m.  
**Payment Deadline:** Thursday, May 19

## DAY TRIPS

**CALL (763) 767-6473 TO REGISTER**



### **BRANSON ON THE ROAD AT THE PARAMOUNT THEATER "A SALUTE TO AMERICA"**

**ON TUESDAY, JUNE 21:** The first stop is lunch at Coyote Moon Grille. The lunch buffet includes four hot entrees, homemade soup and salad bar, fresh popovers, cookie and coffee. Then we travel to downtown St. Cloud for a great show with reserved seating on the main floor. Celebrate the songs and stories about our great land as you musically travel across the country. From "Abilene" to "Detroit City" to "Route 66". Honor our history, salute our vets and look back on the simpler times in our country.

**Sign Up:** Begins 9:00 a.m. Monday, May 2  
**Cost:** \$50

**Bus:** Depart at 10:15 a.m./Return 5:30 p.m.  
**Payment Deadline:** Monday, May 9

### **CRUISIN' IN STILLWATER ON THURSDAY, JUNE 23:**

Join us as we travel to downtown Stillwater's St. Croix Boat and Packet Company, where we'll board a river boat. Sit back and enjoy the two hour cruise on the St. Croix River and a delicious buffet lunch. The menu includes deli meats and cheeses, breads, assorted salads, fresh fruit, dessert and coffee/pop. Other beverages can be purchased on your own. Then it is back on the motor coach for a one hour guided tour of Stillwater. A professional guide, in Victorian dress, will show us the historic sites, attractions and Victorian homes while telling us stories of Stillwater—the 1848 Birthplace of Minnesota!



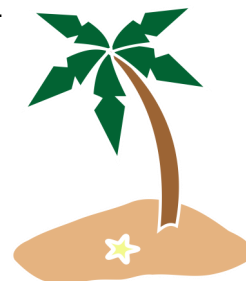
**Sign Up:** Begins 9:00 a.m. Monday, May 2  
**Cost:** \$45

**Bus:** Depart at 10:15 a.m./Return 5:30 p.m.  
**Payment Deadline:** Monday, May 9

### **GUTHRIE THEATER PRESENTS "SOUTH PACIFIC" ON WEDNESDAY, JULY 27:**

Enjoy a wonderful lunch at the Old Spaghetti Factory. Entrée includes spaghetti with marinara sauce, a crisp salad, hot fresh baked bread, coffee, tea or milk and spumoni ice cream for dessert. Then it's show time at the Guthrie. One of the most celebrated and lauded musicals in American theater, this Rodgers and Hammerstein classic contains a treasure trove of memorable songs from "Bali Hai" to "There is Nothin' Like a Dame". Set in an island paradise during World War II, this sweeping romance tells the story of two couples and how their happiness is threatened by the dangers of war and prejudices of their times. (Tickets are on the main floor)

**Sign Up:** Begins 9:00 a.m. Monday, May 2  
**Bus:** Depart at 10:20 a.m./Return 5:00 p.m.  
**Cost:** \$62  
**Payment Deadline:** Wednesday, June 8



## CASINO TRIPS

**Register in person or via phone at (763) 767-6473. Sign up begins immediately. Payment due one week in advance.**

### **DANBURY CASINO**

**FRIDAY, MAY 20**

Cost of \$6.00 includes snack, games, bus and host from Casino Get-Aways. Depart at 9:00a.m. Return at 4:00p.m.

### **DIAMOND JO'S CASINO**

**TUESDAY, JUNE 7**

This casino is one exit south of the Iowa border. Cost of \$25.00 includes \$20.00 back on your card, games, bus and host from Casino Get-Aways. Depart at 9:00a.m. and return at 6:00p.m.

#### **ATTENTION:**

Please note that ALL casinos require your casino card number in advance. If you do not have a card, please provide us with your date of birth and address. Then the casino will have a card ready for you upon your arrival. Casino trips are subject to change. Thank you for your cooperation.

## **ASSISTANCE WITH PROPERTY TAX & RENT REFUNDS**

**Coon Rapids Senior Center**

**Monday, May 23: Noon—4:00 p.m.**

**Wed., June 8: 8:00 a.m.—Noon**

**Thursday, July 21: Noon—4:00 p.m.**

Please bring a photo I.D. and your Federal Tax Form 1040 or records showing total household income.

If you are a homeowner, please bring a copy of your Real Estate Tax Statement.

If you are a renter, please bring your Certificate of Rent Paid (CRP).

**No appointments.**

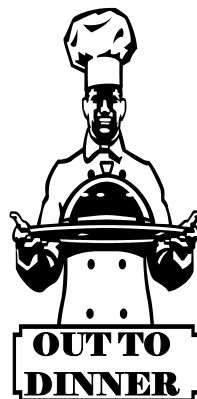
**First come, first served.**

## RESTAURANT CLUBS

### **BREAKFAST BUNCH**

**FRIDAY, MAY 20**

Join us at Baker's Square for a tasty breakfast. The bus will pick you up and drop you off at your home for a donation of \$2.00. Or you can meet the group by **8:30** at the restaurant located at 12951 Riverdale Drive in Coon Rapids. Please indicate your transportation preference at the time of registration. The meal tax and gratuity are paid for on your own. **Sign up begins immediately.**



### **OUT TO DINNER**

**MONDAY, JUNE 13**

Enjoy a night out for a wonderful dinner at Texas Roadhouse. The bus will pick you up and drop you off for a donation of \$2.00. Or you can meet the group by **4:30** at the restaurant located at 2780 Main St. in Coon Rapids. Indicate your transportation preference at the time of registration. The meal, tax and gratuity are paid for on your own.

**Sign up begins immediately.** **NOTE:** It is important that you sign up with the senior center (even if you drive on your own) so we can let the restaurant know how many spots to set up.



## HEALTH & WELLNESS



### LIVE 2B HEALTHY Fitness Class

**Mondays, Wednesdays & Fridays**  
**8:30-9:30 a.m.**  
**FIRST SESSION FREE!**

Improve flexibility and balance while increasing muscular endurance. Led by a certified instructor. Classes are \$35.00 per month, but there's no cost to "SilverSneakers" or "Silver and Fit" members. Now accepts most Blue Cross Blue Shield, Medical and Health Partner Plans. First session is free. Bring your insurance card to determine if you will get a discount in the future.

### TAI CHI

Shibashi Tai Chi means 18 movements. Learn about Tai Chi through these gentle stretch movements that will help relieve stress, gain balance and flexibility, and connect your breath to the flowing movement. Wear comfortable clothes and shoes. Instructed by Karine Platt. Sign up begins immediately. Call (763) 767-6473. Both classes now welcome beginners and more advanced students.

#### MONDAY CLASS AT 3:20 P.M.

May 2, 9, 16, 23 & June 6, 13, 20 & 27  
8 Sessions—\$50.00 (Due at 1st session)

#### FRIDAY CLASS AT 9:40 A.M.

May 6, 13, 20, 27 & June 3, 10, 17 & 24  
8 Sessions—\$50.00 (Due at 1st session)

### WALKING CLUB!



Exercise, meet new friends and enjoy nature, all at one time! Beginning on Friday, June 3, the group will meet at the Coon Rapids Senior Center at 9:00 a.m. and walk approximately 1.5-3 miles (depending on the trail and the participants). We might hike on the trails behind City Hall or take the Senior Center Bus to another park. Consider joining another group in the area. Feel free to call Volunteer Leader Beverly at (763) 571-7502 for more details.

**MONDAYS—Blaine Trailblazers**

**TUESDAYS—Fridley Happy Hikers**

**WEDNESDAYS—Columbia Hgts. Hikers**

**THURSDAYS—Spring Lake Pk Strollers**

**FRIDAYS—Coon Rapids Roamers**

### FOOTCARE SERVICES

Mary T. Home Health provides foot care services each month at the Senior Center. This includes a foot soak, nail trim and care of corns and calluses by a nurse. Appointments can be made by calling the Coon Rapids Senior Center at (763) 767-6473. The cost is **\$22.00** and is payable to *Mary T. Inc.* at the time of the appointment. **Bring your own towel.**

### PARKINSON'S SUPPORT GROUP COON RAPIDS SENIOR CENTER

**THURSDAY, MAY 12 AT 1:00 P.M.:** TRAVELING WITH PARKINSON'S. Speaker Joan Brandl, RN and former Program Manager for APDA MN

**THURSDAY, JUNE 9 AT 1:00 P.M.:** UNDERSTANDING DEPRESSION & ANXIETY. Speaker Abby Stanislaw, PsyD, LP, Allina Health Coon Rapids Clinic.

**Everyone Welcome. Coffee Provided. Drawings.**

Questions? Feel free to contact Facilitator Milo Hartmann (763) 755-2175.

## LIFELONG LEARNING - CALL (763) 767-6473 TO REGISTER

### Minnesota Safety Council DEFENSIVE DRIVING COURSES

Consumers 55+ years of age can receive a 10% automobile insurance discount for 3 years by attending a MN Safety Council Defensive Driving Course. Anyone taking the course for the first time must attend an 8-hour session. Others take a shorter, 4-hour refresher course every three years. Call for a reservation form. Registration and payment must be received 2 weeks prior to the class. **These classes fill up early.** Call (763) 767-6473 to register.

#### **4-HOUR REFRESHER COURSE: \$20.00**

Monday, May 16: 8:30 a.m.—12:30 p.m.

Monday, June 6: 8:30 a.m.—12:30 p.m.

Monday, June 13: 8:30 a.m.—12:30 p.m.

Monday, July 11 8:30 a.m.—12:30 p.m.

Monday, July 25 5:30 p.m.—9:30 p.m.

#### **8-HOUR COURSE: \$22.00**

Mondays, June 20 & 27: 5:30 p.m.—9:30 p.m.

#### **PLEASE NOTE:**

Classes are also now offered on-line! Sign up at  
**[www.minnesotasafetycouncil.org](http://www.minnesotasafetycouncil.org)**

## FACE THE CLUTTER

**MONDAY, MAY 16 AT 12:30 P.M.**



Do you find yourself wasting precious time searching for lost items? Are there areas of your home that are cluttered and need some TLC? Professional Organizer Jan Leibsch is the owner of *Face The Clutter*. Jan will give practical tips for re-storing order to your home such as how to start the process, how to get rid of unwanted items and how to use creative storage containers. Spring is a great time to tidy up the garage, paperwork, junk drawers, cabinets and closets. There is no fee to attend, but please sign up at the Senior Center.

### **MAY TEA TALK**

## **"CLOSE ENCOUNTERS WITH THE THIRD AGE"**

**WEDNESDAY, MAY 4 AT 1:30 P.M.**



Lucy Rose Fischer, PhD, is an award-winning gerontologist, author and artist. Her book, *I'm New at Being Old*, portrays the experience of growing older with wit, whimsy

and vibrantly fanciful art. The Third Age—the post retirement years—can be a major part of your lives. How should you manage this gift of time? When Lucy was nearly 60 she began her second career as an artist. She and her art were featured in two Twin Cities Public TV documentaries and on more than 50 exhibits. Refreshments served after the presentation. The cost is \$3 payable by Wednesday, April 27. **Sign up begins immediately.**

### **JUNE TEA TALK**

## **"TRUE STORY OF**

## **ST. PAUL'S GANGSTER ERA"**

**WEDNESDAY, JUNE 8 AT 1:30 P.M.**

Bank robbers, kidnappers, hit men, bootleggers, and machine gun-toting mobsters—they all flocked to St. Paul in the 1930s, thanks to the protection of the infamous O'Connor System agreement between the St. Paul Police and criminals across America, which guaranteed public enemies safe haven in the Sainly City. Hear Gary Brueggemann answer the who, when and why of the story of St. Paul's infamous descent into becoming, in the words of FDR's Attorney General, the "poison spot of the nation". Refreshments will be served after the presentation. The cost is \$3 payable by Wednesday, June 1. **Sign up begins immediately.**



# LIFELONG LEARNING

*Sign up begins immediately by calling the Senior Center at (763) 767-6473.*

**“THE QUEEN’S PALACES AND CASTLES-PART II: WINDSOR CASTLE AND SANDRINGHAM HOUSE” ON MONDAY, MAY 9 AT 10:00 A.M.** Queen Elizabeth II owns three castles: Windsor in London, Balmoral in Scotland and Sandringham on the Isle of Wight. She, as Queen, has the use of two more: Buckingham in London and Holyrood in Edinburgh. How does she manage all of that? The cost must be beyond calculation. Instructor: Terry Kubista. \$3 payable by Monday, May 2.

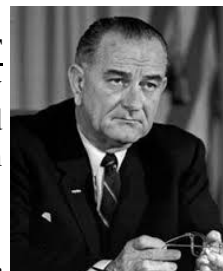
**“HOME SWEET HOME” ON TUESDAY, MAY 10 AT 10:00 A.M.** Thinking of buying or selling your home? Come to this presentation and learn about the current market, local trends and tips to make your home sell faster and for more money. Bring your real estate questions, too! Presented by Brooke Alstrup with Greater Midwest Realty. Treats and door prizes, too. No cost or obligation to attend, but please sign up by calling (763) 767-6473.

**GENEALOGY- “MILITARY RECORDS” ON THURSDAY, MAY 19 AT 1:00 P.M.** What types of military records are available and where can you access them? Instructor: Cathi Weber. The cost is \$3 payable by Thursday, May 12.

**“TOMB OF THE UNKNOWN SOLDIER” ON MONDAY, MAY 23 AT 10:00 A.M.** In honor of Memorial Day, JB Andersen will discuss the history of burials at the site, artwork and text on the Tomb as well as physical dimensions, attempted identification of the unknowns, the role and purpose of guards at the Tomb along with many other fascinating facts. The cost is \$3 payable by Monday, May 16.

**“FIVE WISHES” ON TUESDAY, MAY 24 AT 10:00 A.M.** Learn all about Living Wills with presenter Jill Agyerum, Coordinator of Family Caregiver Connection. No cost to attend. Please sign up.

**“LYNDON JOHNSON PRESIDENCY” ON MONDAYS, JUNE 6, 13, 20 & 27 AT 1:00 P.M.** These classes will cover topics such as his first week as president, Bobby Baker scandal, Civil Rights Act, immigration, gun control, Vietnam, “Lady Bird” and much more. Instructor: JB Andersen. Each class is \$3 payable one week ahead. Each class is a “stand alone” class.






**“RUSSIAN REALIST TRADITION” ON THURSDAY, JUNE 9 AT 10:00 A.M.** This power point presentation prepares its audience for a deeper appreciation of the current exhibit at The Museum of Russian Art. In the atmosphere of state control over the arts, many artists created their own understanding and interpretation of the tenets of Soviet ideology, or retreated into the theme of nature, landscapes, people or still lifes. Presented by Carol Rudie Veldman with The Museum of Russian Art. The cost is \$3 payable by Thursday, June 2.

**“THE QUEEN’S PALACES AND CASTLES-PART III: THE PALACE OF HOLYROOD HOUSE AND BALMORAL CASTLE” ON MONDAY, JUNE 13 AT 10:00 A.M.** Queen Elizabeth II owns three castles: Windsor in London, Balmoral in Scotland and Sandringham on the Isle of Wight. She, as Queen, has the use of two more: Buckingham in London and Holyrood in Edinburgh. How does she manage all of that? Instructor: Terry Kubista. The cost is \$3 payable by Monday, June 6.

**GENEALOGY- “PUBLISHING YOUR FAMILY HISTORY” ON THURSDAY, JUNE 16 AT 1:00 P.M.** Putting it all together and sharing it with your family. Instructor: Cathi Weber. The cost is \$3 payable by Thursday, June 9.

Tue			Wed			Thu			Fri					
2	Defensive Driving Live 2B Healthy Registration Quilting Dining Chess Bingo Creative Writers Tai Chi	8:30 8:30 9:00 10:00 12:00 12:45 12:45 1:00 3:20	3	AA Meeting Square Dancing Craft Club Stamp Cutting Dining Bridge Cribbage eBooks	9:30 9:30 10:00 10:00 12:00 12:45 1:00 2:00	4	Vets Coffee Live 2B Healthy Mary T. Footcare Stamping Club Dining 500 Cards Bunco Spanish Good Neighbors Tea Talk	8:30 8:30 9:00 9:00 12:00 12:45 12:45 1:00 1:00 1:30	5	Mary T. Footcare Crochet & Knit Mother's Day/Dining Pinochle Bingo Woodcarving Spanish New Beg. Spanish	9:00 10:00 11:00 12:30 12:45 1:00 1:00 2:15	6	Live 2B Healthy Feed Children For Art's Sake Tai Chi Super Senior Club Yoga Hand & Foot Cub at Riverdale	8:30 9:30 9:30 9:40 9:40 10:00 10:15 12:15 TBA
9	Live 2B Healthy Quilting Queen Elizabeth Genesis Bell Ringers Dining Chess Bingo Creative Writers Tai Chi	8:30 10:00 10:00 11:00 12:00 12:45 12:45 1:00 3:20	10	AA Meeting Home Sweet Home ACCAP Counselor Craft Club Stamp Cutting Dining Bridge Cribbage Masterpiece Book Club Watercolor	9:30 10:00 10:00 10:00 10:00 12:00 12:45 1:00 1:00	11	Live 2B Healthy Vets Coffee Mary T. Footcare Stamping Club African Drums & Dance Dining 500 Cards Bunco Good Neighbors	8:30 8:30 9:00 9:00 11:00 12:00 12:45 12:45 1:00	12	Mary T. Footcare Goldentones Crochet & Knit Memorial Day/Dining Pinochle Bingo Woodcarving Parkinsons	9:00 9:15 10:00 11:00 12:30 12:45 1:00 1:00	13	Live 2B Healthy For Art's Sake Tai Chi Yoga Hand & Foot	8:30 9:30 9:40 10:15 12:15
16	Live 2B Healthy Defensive Driving Quilting Dining Face the Clutter Chess Creative Writers Jumpin Jehoshaphats Tai Chi (NO BINGO)	8:30 8:30 10:00 12:00 12:30 12:45 1:00 1:30 3:20	17	Square Dancing AA Meeting Glass Blowing Tour Craft Club Stamp Cutting Dining Bridge Cribbage Watercolor	9:30 9:30 10:00 10:00 10:00 12:00 12:45 1:00 1:00	18	Live 2B Healthy Vets Coffee Stamping Club Epiphany Band Dining 500 Cards Bunco Good Neighbors Spanish Shopping/Andover Walmart	8:30 8:30 9:00 11:00 12:00 12:45 12:45 1:00 1:00 TBA	19	Goldentones Crochet & Knit Monti Party Dining Pinochle Bingo Woodcarving Spanish Genealogy New Beg. Spanish	9:15 10:00 10:45 12:00 12:30 12:45 1:00 1:00 1:00 2:15	20	Live 2B Healthy Breakfast Bunch Danbury Casino For Art's Sake Tai Chi Yoga Hand & Foot	8:30 8:30 9:00 9:30 9:40 10:15 12:15
23	Live 2B Healthy Quilting Tomb of Unknown Sold. Dining Property Taxes Bingo Chess Creative Writers Tai Chi	8:30 10:00 10:00 12:00 12:00-4:00 12:45 12:45 1:00 3:20	24	AA Meeting Five Wishes Speaker Craft Club Stamp Cutting Dining Bridge Cribbage Watercolor	9:30 10:00 10:00 10:00 12:00 12:45 1:00 1:00	25	Vets Coffee Live 2B Healthy Stamping Club Birthdays Party/Dining 500 Cards Bunco Good Neighbors	8:30 8:30 9:00 11:00 12:45 12:45 1:00	26	Goldentones Crochet & Knit Book Club Dining Pinochle Bingo Woodcarving	9:15 10:00 10:30 12:00 12:30 12:45 1:00	27	Live 2B Healthy For Art's Sake Tai Chi Yoga Hand & Foot Shopping/Aldi's Limberjacks 9:45, 12:30 & 2:10	8:30 9:30 9:40 10:15 12:15 TBA
30	CLOSED FOR MEMORIAL DAY		31	AA Meeting Square Dancing Craft Club Stamp Cutting Dining Bridge Watercolor Cribbage	9:30 9:30 10:00 10:00 12:00 12:45 1:00 1:00									









MAY





Mon	Tue	Wed	Thu	Fri
<div>   </div>				
<div> <div>6</div> <div>           Defensive Driving            Live 2B Healthy            Dining            Bingo            Chess            LBJ Class            Creative Writers            Red Cross Blood Drive            Tai Chi         </div> </div>	<div> <div>7</div> <div>           Diamond Jo's            AA Meeting            Square Dancing            Craft Club            Stamp Cutting            Dining            Bridge            Cribbage            EBooks         </div> </div>	<div> <div>1</div> <div>           Vets Coffee            Live 2B Healthy            Mary T. Footcare            Stamping Club            Dining            500 Cards            Bunco            Good Neighbors            Spanish         </div> </div>	<div> <div>2</div> <div>           Mary T. Footcare            Crochet &amp; Knit            50th Anniversary/Dining            Pinochle            Bingo            Woodcarving            Spanish            New Beg. Spanish         </div> </div>	<div> <div>3</div> <div>           Live 2B Healthy            Walking Club            For Art's Sake            Tai Chi            Super Sr. Club            Yoga            Hand &amp; Foot         </div> </div>
<div> <div>13</div> <div>           Defensive Driving            Live 2B Healthy            Mary T. Footcare            Queen Elizabeth            Dining            Bingo            Chess            Creative Writers            LBJ Class            Tai Chi            Out to Dinner         </div> </div>	<div> <div>14</div> <div>           AA Meeting            ACCAP Counselor            Craft Club            Stamp Cutting            Dining            Bridge            Cribbage            Masterpiece Book Club         </div> </div>	<div> <div>15</div> <div>           Vets Coffee            Live 2B Healthy            Barn Tour            Stamping Club            Dining            500 Cards            Bunco            Good Neighbors            Spanish            Shopping/            Andover Walmart         </div> </div>	<div> <div>16</div> <div>           Crochet &amp; Knit            Dining            Pinochle            Alive 'n Kickin'            Bingo            Woodcarving            Genealogy            Spanish Camp         </div> </div>	<div> <div>17</div> <div>           Live 2B Healthy            Walking Club            Feed Children            For Art's Sake            Tai Chi            Yoga            Hand &amp; Foot         </div> </div>
<div> <div>20</div> <div>           Live 2B Healthy            Dining            Bingo            Chess            Creative Writers            LBJ Class            Tai Chi            Defensive Driving         </div> </div>	<div> <div>21</div> <div>           AA Meeting            Square Dancing            Craft Club            Stamp Cutting            Paramount Theater            Dining            Bridge            Cribbage         </div> </div>	<div> <div>22</div> <div>           Vets Coffee            Live 2B Healthy            Stamping Club            Dining            500 Cards            Bunco            Good Neighbors         </div> </div>	<div> <div>23</div> <div>           Crochet &amp; Knit            Cruisin in Stillwater            Book Club            Dining            Pinochle            Bingo            Woodcarving         </div> </div>	<div> <div>24</div> <div>           Live 2B Healthy            Walking Club            For Art's Sake            Tai Chi            Yoga            Hand &amp; Foot            Shopping/Aldi's         </div> </div>
<div> <div>27</div> <div>           Live 2B Healthy            Dining            Bingo            Chess            Creative Writers            LBJ Class            Tai Chi         </div> </div>	<div> <div>28</div> <div>           AA Meeting            Craft Club            Stamp Cutting            Dining            Bridge            Cribbage         </div> </div>	<div> <div>29</div> <div>           Vets Coffee            Live 2B Healthy            Stamping Club            Wacky Wednesday            Birthday Party/Dining            500 Cards            Bunco            Good Neighbors         </div> </div>	<div> <div>30</div> <div>           Crochet &amp; Knit            Dining            Pinochle            Bingo            Woodcarving         </div> </div>	<div> <div>10</div> <div>           Live 2B Healthy            Walking Club            For Art's Sake            Tai Chi            Yoga            Hand &amp; Foot            Shopping/Riverdale         </div> </div>

## SERVICES

**OUTREACH SERVICE:** Patty Marz, with the Anoka County Community Action Program (ACCAP) will now have office hours at the Coon Rapids Senior Center. She can connect seniors with resources in the community to help them remain in their own home as long as possible. She can help with assistance for food support, housing, health care programs, energy assistance, or other questions regarding resources in the community. Stop in on the 2nd Tuesday of each month between 10:00 a.m. and Noon. Or contact Patty at 763-783-4741.

**AA MEETINGS:** People of all ages are welcome to attend the weekly meeting on Tuesdays at 9:30 a.m.

**CHORES & MORE:** We now have a sliding fee scale for services, and you pay the program not the worker at the end of the month. We do have subsidy for those in need; this is based on income qualifications and service requested. We also have workers to help with lawn mowing and housekeeping available at this time. If you need assistance with housekeeping, seasonal outdoor chores, and minor home repairs give us a call. This program is for adults over the age of 60. Help to those qualified is based on worker availability. We are currently looking for independent contractors, and volunteer groups or individuals to assist with different projects for the seniors in Anoka County. If you know of anyone interested, please have them contact us. If you also have questions give Nancy or Char a call at 763-783-4767, ACCAP Chores & More, 1201 89<sup>th</sup> Ave. N.E., Blaine, MN 55434. Email: [nshaw@accap.org](mailto:nshaw@accap.org). Funding is provided by Metropolitan Area Agency on Aging, Inc. as part of the “Older American Act”, Anoka County, ACCAP, and Private & Public Donations.

**COUNSELING:** Experiencing sadness or worry? Feeling overwhelmed with stress? Talking with someone who specializes in older adult issues can be helpful in addressing life’s challenges such as the death of a loved one, health problems, or a recent move. A therapist (from Volunteers of America—MN Senior Mental Health Services), specialize in helping adults, 55 and older, navigate life’s challenges through age-specific mental health counseling. Services are covered by Medicare, Medical Assistance, and most major health insurance plans. For more info or to make an appointment, please call (763) 225-4054 or check us out at [www.smhvoamn.org](http://www.smhvoamn.org). Appointments held at the Senior Center.

**eBOOK HELP!:** You can get free eBooks from the Anoka County Library at [anokacountylibrary.org](http://anokacountylibrary.org). Sign up for a free, one-to-one, thirty-minute afternoon appointment and learn how to download the books by calling the center. A representative from the Library will meet with you at the Senior Center and show you how it works with your device (iPads, iPhones, Androids, Laptops and Kindle). Bring your device, your device ID and password and your library card and PIN (if you have one). First Tuesday of the month.

**HEALTH INSURANCE COUNSELING:** Get help with Medicare questions, choosing or changing supplemental carriers, prescription drug cost options, Medicare billing questions, and more! To schedule a free individual appointment, please call the Senior Linkage Line at 1-800-333-2433. The insurance counselor will meet you at the Senior Center. This program is not associated with any insurance company and is made possible by the Metropolitan Area Agency on Aging and the Senior Linkage Line.

**TRANSPORTATION:** Did you know that we have bus transportation to and from the Senior Center for Coon Rapids residents? The suggested donation is 75 cents each way. Please call Cindy at (763) 767-6473 to make an advance reservation or if you would like more information!

**GROCERY SHOPPING TRIPS:** Take the Coon Rapids Senior Center Bus shopping. You can shop for 75 minutes. The cost is \$3 round trip. Reservations need to be made at least **two days** in advance by calling Cindy at (763) 767-6473. See calendar for dates and stores.



## VOLUNTEER OPPORTUNITIES

**AUTUMN GLEN SENIOR LIVING** is accepting donations for tea cups, saucers and tea pots. They would also love a volunteer to play organ/piano for sing-a-longs twice a month. Call Katherine Timm at (763) 772-4492.

**SUBSTITUTE VOLUNTEER VAN DRIVERS NEEDED AT THE SENIOR CENTER!** Call Cindy at 763-767-6518 if you are interested!

**RED CROSS BLOOD DRIVE AT THE COON RAPIDS SENIOR CENTER ON MONDAY, JUNE 6** Call (651) 291-4607 for an appointment.

**FEED MY STARVING CHILDREN, FRIDAY, MAY 6 & JUNE 17:** Pack meals for children around the world! Volunteers need to stand for two hours, although there are some sitting positions. Wear close-toed shoes. No jewelry allowed. If you are ill or have any food allergies, you are asked not to attend. Meet the group by 9:30 a.m. at their building located at 401 93rd Ave in Coon Rapids. To sign up, call Senior Services at (763) 767-6473. If you need to cancel, please call the center.

## THINGS TO DO

### WATERCOLOR CLASS

**TUESDAYS, MAY 10, 17, 24 & 31**  
**1:00 P.M.—4:00 P.M.**

Join instructor Helen Smith as she teaches you basic watercolor painting and techniques. No experience necessary—only your desire to learn. Paper and some materials will be provided. A supply list for other items can be picked up when you register or you can request one to be mailed to you. Cost for all four sessions is \$62.00. Does not include the cost of items on the supply list. Payment is due Tuesday, May 3. A sample of the painting is on display at the Senior Center. Sign up immediately.

### NEW! COLORING FUN!

**FRIDAYS AT 9:30**

Adult coloring is the latest trend, providing relaxation, healthy benefits and FUN! No need to sign up. Just come. Materials will be provided to get you started. No fee.

### FREE SPANISH CLASSES

1st & 3rd Thursdays at 1:00—Second Year Class  
1st & 3rd Thursdays at 2:15—**New** Beginner Class  
1st & 3rd Wednesdays at 1:00—Spanish Club  
No cost to attend. No reservation needed.

Please note that all of the Spanish classes will take a summer break from Friday, June 17 until Fall. Watch our September/October issue for information on fall classes.

### BOOK CLUB

Everyone is welcome to join the Book Club on the 4th Thursday of the month at 10:30 a.m. After the meeting, lunch at a local café is optional. No sign up needed.

May 26—**Jackson Land: President Andrew Jackson, Cherokee Chief John Ross and a Great American Land Grab** by Steve Inskeep

June 23—**Salt: A World History** by Mark Kurlansky

### SPANISH CAMP

**THURSDAY, JUNE 16**  
**1:00 P.M.**

Bring your grandchildren (ages 10 & older) for a fun afternoon! Come review the basics or learn something new. Play 'Bilingual Bingo' (with prizes), too! Takes place at the Senior Center. \$3 per person payable at the door. Please make a reservation by calling (763) 767-6473.

## TAKE NOTE

### VOICE OF EXPERIENCE DELIVERY METHODS

Please note that there are four ways to receive your Voice of Experience Senior Newsletter:

1. Online free at the City of Coon Rapids Website [www.coonrapidsmn.gov](http://www.coonrapidsmn.gov)
2. Emailed free to your email address
3. Pick up a free copy at CRSS
4. Mailed to your address (a donation of \$10.00 per year is suggested).

### COLLECTION SITE

Did you know that the Senior Center collects the following items?

- ♦ Hotel samples of soap, shampoo, lotions, toothbrushes and toothpaste go to International Health Service who, in turn, send the items to Honduras.
- ♦ Used eye glasses go to the Lions Club and are refurbished and distributed around the world.
- ♦ Box Tops for Education, Kemp's milk lids, Campbell's Soup Labels and printer cartridges go to Hamilton Elementary for school supplies.
- ♦ Hygiene products, batteries, and gift cards go to Stepping Stones (shelter for young homeless adults).

## SENIOR SKATE FOR AGES 55+

Get out and have some fun at the Coon Rapids Ice Center (11000 Crooked Lake Blvd)! Wednesday mornings 8:00 a.m. to 9:40 a.m. Fresh coffee will be ready for you. Cost is \$5.00 (payable at the door). No event on 7/20, 8/3 or 8/10. Schedule subject to change for special events. Call 763-951-7222 for more information.

### INTERGENERATIONAL ACTIVITIES FOR SENIORS AND KIDS! WACKY WEDNESDAYS!

Our popular Wacky Wednesdays at Senior Services are back! This summer we'll once again have special activities for you to attend with your grandchildren or young friends! Activities are designed for children 4-14 years old. Adults must remain for the entire activity. **Registration is required and must be made at least two days in advance** by calling (763) 767-6473. Space is limited. All fees can be paid on the day of class. Kids are \$2.00 each and adults are free. Events begin at 10:30 a.m. and include a light snack.

<b>June 29</b>	<b>Music with the Roe Family</b>
<b>July 20</b>	<b>BINGO with Prizes</b>
<b>July 27</b>	<b>Fun with Food/How to make creative treats</b>
<b>August 3</b>	<b>Game Day</b>

**Aug. 10**      **Jack Pearson Music Show**— Jack brings a music/story experience of imagination, spirit, folklore and history on guitar, fiddle, 5-string banjo and an assortment of small percussion instruments. Jack is a songwriter with one foot in our American folk tradition and the other joyfully lost in the landscape of imagination.



## SUPER SENIOR CLUB

### LETTER FROM THE PRESIDENT

Spring is here and we all look forward to the beautiful leaves and blossoms that will soon adorn the trees. The first flowers are peeking above the ground and the grass will soon be green again. What a glorious time of year!

One of the main sources of income for our "Super Senior Club" is the Gift Shop at the Senior Center. It is open Monday through Thursday mornings from 10:00 a.m. to 1:00 p.m. The total receipts for 2015 were \$5,450.80. The expenses were \$417.87, which left a grand total of \$5,032.93 for profit. We will be giving two \$1,000 scholarships to two Coon Rapids High School Seniors in May.

There is a Crafters Group that meets every Tuesday morning at 10:00 a.m., in the Arts & Crafts Room. They make items to sell in the gift shop and at the fall Bazaar. New members are always welcome! We would like to thank all the crafters and the volunteers who work in the Gift Shop for their many hours of help. We are always looking for more Gift Shop workers. Call Bernice at (763) 767-1972, if you want to sign up to help. We are always looking for gift items for the gift shop. Drop them off when you are the Senior Center. **Watch for our Mother's Day Sale at the Gift Shop on May 2, 3, 4 and 5!!**

The Super Senior Club May meeting is Friday, May 6th at 10:00 a.m. Entertainment will be by the Walker Plaza Singers. The June meeting will be Friday, June 3rd. We hope that you will join us!

**BERNICE OLSON  
PRESIDENT**



## LIMBERJACKS WITH HAMILTON ELEMENTARY KIDS

**FRIDAY, MAY 27  
9:45 —11:15 A.M.  
12:30 —2:00 P.M.  
2:10 —3:40 P.M.**

Volunteers needed at the Senior Center to help 4th grade students make a wooden folk art toy. No experience needed! Sign up for any or all sessions by calling (763) 767-6473. A free, light lunch will be served to those volunteers who sign up for all three sessions!

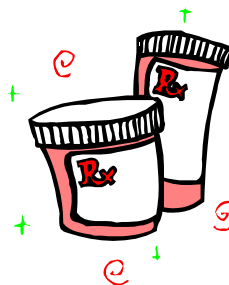
## DRUG TAKE BACK

**COON RAPIDS POLICE DEPARTMENT**

**SATURDAY, APRIL 30**

**10:00 A.M.—2:00 P.M.**

It is time to properly and safely dispose of your unwanted prescription and over-the-counter drugs. This service is free and anonymous. Depending on the weather, the collection will take place curb side in front of the Police Department or in its lobby. Sponsored by the Coon Rapids Police Department.



## COMMUNITY CORNER

**REIMBURSED SENIOR VOLUNTEER POSITION AVAILABLE:** The Coon Rapids Senior Companion Program is seeking volunteers who are 55+ years and who are willing to help others as friendly visitors in their homes and outings in the community. Tax-free stipend, mileage reimbursement and other benefits. Contact Sara Koch at (651) 310-9448 for more information.

**SENIOR DANCES/LIVE MUSIC:** Coon Rapids American Legion, 11640 Crooked Lake Blvd from 1:00-4:00. 2nd Wednesdays. Call 421-6260 for more information.

**SNAP:** Do you know using SNAP will save you money? If your total gross monthly income is less than \$1,619 for one person (or \$2,191 per couple), you may qualify! This program also includes deductions for medical costs including supplemental insurance premiums, RX and MD co-pays. It's simple to use. All calls are confidential and secure. Call Penny (ACCAP SNAP Specialist) at 763-783-4929 for a quick, free screening.

### VETS COFFEE

Come join other Vets for coffee, snacks, conversation and visiting. Every Wednesday morning 8:30—10:00 a.m. All Vets Welcome! Thanks to Cherrywood Assisted Living of Andover for sponsoring refreshments on the 2nd Wednesday of each month.



## ANOKA COUNTY SENIOR EXPO

**SATURDAY, MAY 7: 9:00 A.M.—NOON**

**Lord of Life Church, 14501 Nowthen Blvd., Ramsey, MN**

**Pancake Breakfast \* Information Booths \* Blood Pressure Checks \* Mini Massages \*  
Entertainment \* Free Parking \* Handicapped Accessible**

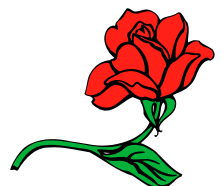


## THANK YOU!

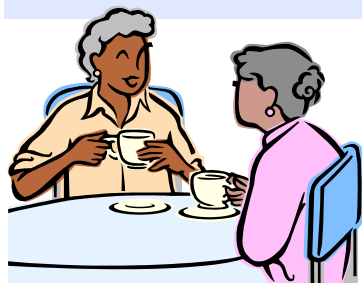
The Coon Rapids Senior Center is proud to announce that our March Food Drive resulted in a donation to the CEAP Food Shelf in the amount of 495 pounds of groceries plus cash in the amount of \$290.00. Please know that your generosity truly makes a difference in our community!

## IN OUR THOUGHTS...

We extend our thoughts and prayers to the friends and family of those who passed away recently including Jim Armour, Russ Eager, Dale Gourley, Gail Jacques, Earl Jumer, Gary Kvistberg and Sandy Phillips.



# VOLUNTEERS OF AMERICA SENIOR DINING



OPEN: 9:00 A.M.—1:00 P.M. MONDAY—THURSDAY  
LUNCH SERVED AT: 12:00 NOON  
SUGGESTED DONATION: \$4.00 (with NAPIS form on file)  
(Under 60 years old is \$7.00)

CALL: (763) 767-6524 by noon, **AT LEAST** three business days in advance, (does not include Fridays) for a reservation.  
Current NAPIS form must be on file to participate.

## BIRTHDAY CELEBRATIONS

Join us for live entertainment starting at 11:00 a.m. Then enjoy a delicious meal including Birthday Cake with Ice Cream. Yummy! Our Birthday guests will get to put their name in a drawing too. Thanks to Culvers of Coon Rapids, Kemps, Land O' Lakes and the Coon Rapids Super Senior Club for donating prizes. Suggested donation for this event is \$4.00 and can be paid upon arrival! Everyone is welcome to join us by making a reservation at least three business days in advance by noon by calling (763) 767-6524. Don't miss out on the fun!

**WEDNESDAY, MAY 25**

**JO BOLLES**

**Guitar and Vocals**

*Register no later than noon on  
Thursday, May 19*

**WEDNESDAY, JUNE 29**

**ROE FAMILY**

**Bluegrass, Country & Gospel**

*Register no later than noon on  
Thursday, June 23*

**JOIN US ON THURSDAY, JUNE 16**

**AT 11:30 A.M. FOR**

**ROOT BEER FLOATS  
IN HONOR OF FATHER'S DAY!**

Menus are available in the brochure rack  
next to the Senior Center info counter!

## MOTHER'S DAY CELEBRATION THURSDAY, MAY 5

We will honor our Mothers beginning at 11:00 a.m., with a tribute by our Goldentones Choir. Price is \$4.00 and includes meal. Call (763) 767-6524 before noon on Monday, May 2 for a reservation.



## MEMORIAL DAY WITH THE VFW COLOR GUARD & GOLDENTONES CHOIR THURSDAY, MAY 12

Wear your red, white and blue and get ready for a Star-Spangled-Banner, Yankee Doodle Day! The program begins at 11:00 a.m., with a patriotic tribute by the Goldentones Choir. Then the VFW Color Guard will lead us in a salute to our American Flag. Dinner served at noon. Price is \$4.00. Call (763) 767-6524 before noon on Monday, May 9 for a reservation.

## 50+ ANNIVERSARY CELEBRATION THURSDAY, JUNE 2

Couples married fifty or more years will be honored at a special program and luncheon. Punch will be served beginning at 10:30 a.m. Please be seated by 11:00 a.m. for the program. A Grand March and introduction of each couple will be followed by a serenade of love songs by our Goldentones Choir. A flower, donated by Gearhart Funeral Homes, will be presented to each couple. A lovely arch is provided by Forever Floral. At noon, an Anniversary Luncheon will be served. Everyone is welcome to join us in honoring these lovely couples. The cost is \$4.00 per person. If you have been married for fifty years or more, please inform the receptionist when you call in to register. Call (763) 767-6524 before noon on Friday, May 27 for a reservation.



11155 Robinson Drive  
Coon Rapids, MN 55433-3761

ADDRESS SERVICE REQUESTED

**Need to be removed from  
our Mailing List? Call us  
at (763) 767-6473.**

## **COON RAPIDS SENIOR SERVICES: (763) 767-6473**

### **ACTIVITIES FOR SENIORS AGE 55+**

**OFFICE HOURS: MONDAY-FRIDAY 8:00 A.M.—4:30 P.M.**

**PROGRAM SPECIALIST — KRIS NIEBLER (763) 767-6473**

**PROGRAM ASSISTANT — CINDY OLSON (763) 767-6473**

**SENIOR DINING PROGRAM — BETTY FOUST (763) 767-6524**

**FACILITY RENTAL — LORI ANDERSON (763) 767-6522**

*Coon Rapids Senior Services is made possible through the continued support of the City of Coon Rapids.*

## **Thursday Nites LIVE! at the Dam**

**FREE CONCERTS - RAIN OR SHINE - FREE PARKING - FREE ADMISSION**

Concerts begin at 7:00 p.m. at Coon Rapids Dam Regional Park performance pavilion.

Bring a lawn chair and enjoy an evening of family fun.

*Sponsored by Coon Rapids Arts Commission and the Anoka County Parks and Rec Dept. Questions? Call 763-767-6493*

June 9: T.C. Cats/Classic Rock & Roll

June 16: The Naked Cowboys/Southern Rock

June 23: The Centennial Community Band/Variety

July 7: Holy Rocka Rollaz/Early Rock & Roll

July 14: Hitchville/Country

July 21: Sam Kuusisto/Funk, Rock and R & B

July 28: New Riverside Ramblers/Cajun Dance

Aug. 4: Gravel Roads/Traditional Country

Aug 11: Buddy and the Boys/Buddy Holly Tribute 50's